

## Grindhard Elite Performance Gym - Farmers Branch

farmers branch

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## *Grindhard Elite Performance Gym - Farmers Branch*

### **Welcome to GrindHard Elite Performance Gym in Farmers Branch, Texas**

GrindHard Elite Performance Gym is not just a fitness center; it's a community where goals are achieved, and personal growth is celebrated. Located in the heart of Farmers Branch, this gym offers a variety of **\*\*service options\*\*** tailored for everyone, from beginners to seasoned athletes.

### **Outstanding Service Options**

At GrindHard, you can choose from a wide array of **\*\*on-site services\*\***

including personal training and small group training. Many clients have experienced incredible transformations thanks to the dedication of their trainers. Ryan, one of the standout trainers at GrindHard, has received glowing reviews for his professional, kind, and motivational approach. Whether you're looking to lose weight or build muscle, Ryan is known for his ability to adapt workouts to meet individual needs.

### **Family-Friendly Environment**

The gym is **good for kids**, making it an ideal choice for families. Parents can feel confident bringing their children to enjoy fitness activities while they train. With **children's programs** available, young athletes can benefit from specialized training to improve their skills and boost their confidence.

### **Accessibility for Everyone**

GrindHard Elite Performance Gym ensures **accessibility** for all its members. The facility features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, allowing everyone to take part in fitness programs without barriers. This commitment to inclusivity makes it a welcoming space for individuals with diverse needs.

### **Outdoor Services and Online Classes**

In addition to indoor training, GrindHard offers **outdoor services** that allow members to experience workouts in a refreshing environment. For those who prefer the comfort of home, the gym also provides **online classes**, ensuring that everyone can partake in their fitness journey regardless of their schedule.

### **A Clean and Professional Facility**

Members rave about the cleanliness and spaciousness of the facility, which enhances the overall training experience. The positive atmosphere cultivated by the staff creates a motivating environment that keeps members coming back. Testimonials highlight the high energy and professional demeanor of trainers like Ryan, which contribute to the overall success of the training programs.

### **Join the GrindHard Community**

If you are looking for a supportive community that pushes you to reach your fitness goals, look no further than GrindHard Elite Performance Gym. With a dedicated team of professionals, various training options, and a family-friendly approach, this gym stands out as a premier fitness destination in Farmers Branch, Texas. Whether you're new to fitness or an experienced athlete, GrindHard is the perfect place to start or continue your journey towards a healthier lifestyle.

### **You will find us at**

3210 Belt Line Rd #136, 75234 Farmers Branch, Texas - United States (US)

The phone of this **Fitness center** is +1469-838-1814

And if you want to send a WhatsApp, you can do so at +1469-838-1814

### Our public attention hours are:

Day Hours  
Monday

6?AM–9?PM

Tuesday

6?AM–9?PM

Wednesday

8?AM–5?PM

Thursday

10?AM–5?PM

Friday

6?AM–9?PM

Saturday

6?AM–9?PM

Sunday

6?AM–9?PM

If you need to modify any detail that you feel is not accurate concerning this page, we ask forward a message and we will handle it quickly. Thank you in advance thanks for your cooperation.

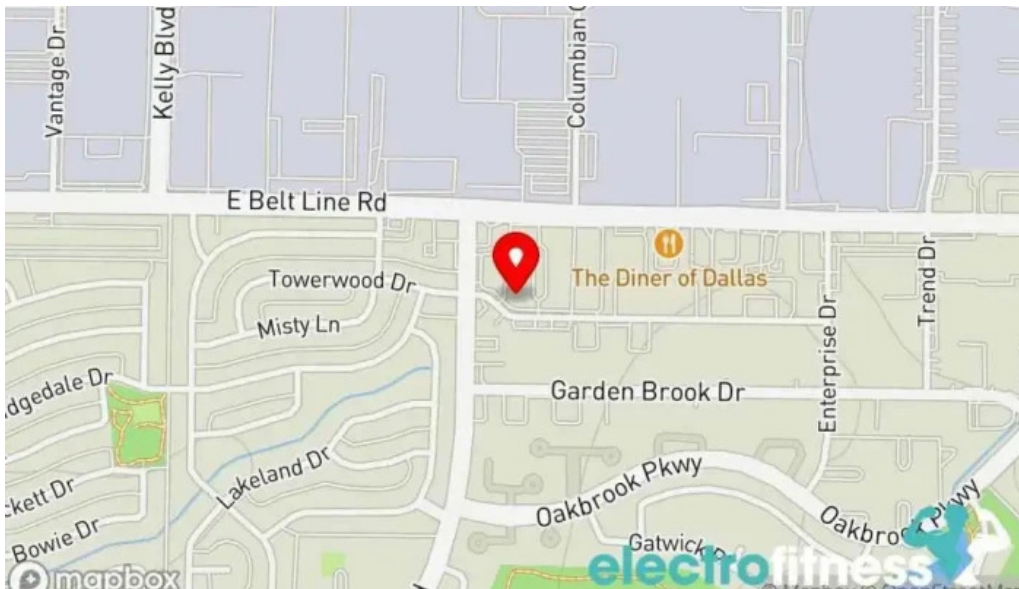
### Images



*Grindhard elite performance gym videos*



*Grindhard elite performance gym street view 360deg*



*Grindhard elite performance gym map*





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## Tags

*On-site services, Good for kids, Wheelchair-accessible car park, Children, Outdoor services, Accessibility, Online classes, Wheelchair-accessible entrance, Service options*

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<b>5.0 *</b>	<i>Indiana Elite Gymnastics - Valparaiso</i>
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academic department
amusement park ride
arena
association / organization
athletic club
bar
basketball club
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
country club
coworking space
dance school
day spa
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club

golf course
golf instructor
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range



shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization